

How Can I Do Physical Activity Every Day?

There are many wonderful ways to be physically active every day. By doing a variety of moderate-intensity activities, such as gardening, jogging, riding your bicycle, or walking, you will find it fun and easy to incorporate physical activity into your daily life. Adults should do at least 30 minutes of physical activity every day, while children should do at least 60 minutes of physical activity every day. Use the following Physical Activity Pyramid as a guide for creating your own weekly program.



If You Rarely Do Physical Activity

Begin with activities at the base of the pyramid

- Walk whenever you can
- Make physical activity a part of your leisure time
- Set realistic goals and work your way toward the middle of the pyramid

If You Do Physical Activity Sometimes

Be more consistent with activities in the middle of the pyramid

- Plan physical activity in your day
- Set weekly and monthly goals
- Partner with a friend or family member to do physical activity together

If You Do Physical Activity Often

Choose a mix of aerobic, flexibility, and strengthening activities

- Mix up your routine to keep it fun
- Try new physical activities
- Challenge yourself with new goals

Source: Adapted from The Activity Pyramid. Pyramids of Health, Park Nicollet HealthSource, 2002.



The California 5 a Day Campaign is administered in part by the Public Health Institute. It is led by the California Department of Health Services in cooperation with the National 5 A Day Partnership.

For more information, visit us at:

www.ca5aday.com
1-888-EAT-FIVE

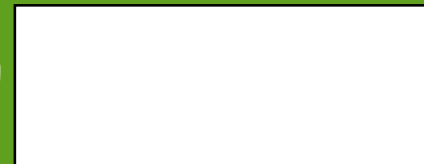


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Be
Active
Your
Way

It's So Easy



California Department of
Health Services

What are the benefits of doing physical activity?

1

- Makes you look and feel great.
- Helps you maintain a healthy body weight.
- Gives you more energy.
- Reduces stress and helps you relax.
- Improves your overall health.
- It's a great way to have fun with family and friends.



How often should I do physical activity?

2

- Health experts recommend a minimum of 30 minutes of moderate physical activity every day for adults and 60 minutes for children.
- Divide your daily routine into several 10- to 15-minute physical activity breaks and gradually increase the time as you become more active.



How can I do more physical activity?

3

- You don't need to join a gym to be physically active. Just include a variety of fun and low-cost activities in your daily routine at work and home.
- Do activities that energize your heart and lungs, increase your strength, and improve your body's flexibility.
- At home - walk, bike, or jog with a friend or family member; play at the park with your children; plant a fruit and vegetable garden; join a dance class with a friend.
- At work - walk with a friend during your break; use the stairs instead of the elevator; get active during lunch; ride your bike or walk to work.



How can I reach my 5 a Day and physical activity goals?

4

- Start easy. Add 10 to 15 minutes of physical activity into your day and gradually work up to 30 minutes.
- Every day, choose different colors of fruits and vegetable to help you eat the 5 to 9 daily servings that your body needs for good health.
- Each week, include a new fruit or vegetable in your meals and snacks.
- Have a friend or family member be your 5 a Day and physical activity buddy, and work together to support each other.
- Set simple, short-term goals and reward yourself for being consistent.



Get Your 30 Minutes a Day the 5 a Day Way!